

ART. XVI.—*Reports of American Hospitals for the Insane:—*

1. *Of the State Asylum, New York, for the year 1865.*
2. *Of the King's Co. (N. Y.) Asylum, for the fiscal year 1865-66.*
3. *Of the Retreat, at Hartford, Conn., for the fiscal year 1865-66.*
4. *Of the Butler Hospital, for the year 1865.*
5. *Of the State Asylum, New Hampshire, for the fiscal year 1865-66.*

1. THE *State Lunatic Asylum*, at Utica, N. Y., as is shown by the report for 1865, has "become overcrowded. * * * The highest number of patients at any time during the year was 616; the lowest 557; and the daily average 591. This gives a household of about seven hundred people."

	Men.	Women.	Total.
Patients at the beginning of the year, ...	283	281	564
Admitted in course of the year, ...	184	172	356
Whole number, ...	467	453	920
Discharged, including deaths, ...	158	147	305
Remaining at the end of the year, ...	309	306	615
Of the discharged, there were cured, ...	60	53	113
Died, ...	27	30	57

Deaths from phthisis pulmonalis, 23; general paresis (*paralysie générale*), 14; exhaustion from mental disease, 4; apoplexy, 3; paralysis, 4; meningitis and cerebritis, 2; epilepsy, 5; old age and exhaustion, 1; perforating ulcer of the stomach, 1.

"Twelve men and two women died of general paresis. Whether this fatal disease is more prominent than formerly, or whether the increased number sent to the Asylum each year, results from the fact that professional men recognize the disease more generally and send them to our care, I will not here discuss. My conviction is that it is on the increase. In twenty-two cases of paresis received during the past year, not a single case had been previously recognized by the attending physician, and for that reason committed to our charge. In fact, few medical books speak of the disease, and cases of it are not reported in ordinary standard medical works.

"Few women, according to our observation, suffer from this disease. The two who died of paresis, the present year, were well-marked cases, exhibiting all the ordinary physical and mental symptoms."

The whole number of cases of this peculiar and interesting, though exceedingly fatal form of mental disorder, which have been admitted since the beginning of the year 1849, is, men 102, women 8; total 110. Of these, 80 men and 7 women have died. Nothing is said of cures, or of the whereabouts of the remaining fourteen. The report contains a brief history, with the post-mortem pathological conditions, of several cases.

Dr. Gray's report is replete with interesting matter, a large part of which is statistical, and consequently the result of much labour. His exposition of the medical treatment pursued at the hospital is, in our opinion, the most valuable portion to the general medical reader, and we therefore extract it nearly in full, although its length transcends our usual limits.

"In cases of acute mania as a means of calming excitement and inducing sleep we use tinct. hyoscyamus, and tinct. ext. cannabis Indica, either singly or combined, in doses of 1 or 2 drachms, twice or three times daily. In some cases one or two drachms nightly, secures the desired effect. When there is full habit and strong pulse, the most satisfactory results are sometimes obtained by combining with one of these tinct. digitalis. When there is much nervous agitation and restlessness from an enfeebled condition of the nervous system, we have found great benefit from the use of tinct. valer. comp. and ammoniated fluid extract of valerian, both in soothing and calming the agitation and in inducing sleep. If there is marked cerebral anæmia, we resort to stimulants, such as brandy punch, egg nog, whiskey punch, wine and morphia, in combination with tinct. hyos. or cannabis Ind. When morphia is not tolerated, we endeavour to secure the stimulating effect of opium by the use of Squibb's aqueous solu-

tion, which is often well borne when other preparations are not. In all feeble cases we endeavour to secure the horizontal posture, at least several hours in twenty-four, and in cases of marked prostration much more, in order to secure a full circulation of the blood to the head and spinal column, and thus nourish the great nervous centres. In many cases of acute mania with great exhaustion, horizontal posture for days and weeks has, we are well persuaded, been the means of saving the patient's life, when medication and nutrition alone would have failed, and in other cases it has prevented the patient from sinking into dementia. In enfeebled states, in all diseases, the vital importance of maintaining a horizontal posture is recognized, and in cerebral anæmia, a condition so often present in insanity it is the vital indication. * * *

"In melancholia, constipation is commonly present, not as a cause, but dependent generally on torpor of the bowels, peristaltic action, in some cases seeming almost suspended—a condition probably arising from defective reflex action and blunted sensibility of the peripheric sentient nerves. * *

"If habits of regularity can be enforced, and the attention of the patient directed from his condition, much has been attained. * * *

"In the decoction of *rhamnus frangula*, however, we have found the most available remedy, alone or combined with small doses of *podophyllum*. The *rhamnus* has also this quality. Its effect is not decreased by long continuance; but, on the contrary, it may be gradually diminished in doses, and may be given for a long time without losing its effect, and with permanent relief. It is also a good stomachic, and in these respects differs from ordinary cathartics. We have also found much benefit from the employment of the pill *Ext. col. co. gr. iii; Pulv. ipecac. gr. i.* In melancholia we use morphia in solution, alone or combined, with hyoscyamus, and on the anæmic and enfeebled we believe its primary stimulating effect on the brain highly beneficial. In such cases we give it in doses of one-quarter to one-half grain three or four times daily, and often combined with whiskey, wine, brandy, or ale. With these we give raw eggs, or eggs and milk, and other highly nutritious animal food, and with the most satisfactory results. Some very unpromising cases of melancholia admitted during the past year have recovered rapidly under this treatment. We have given as much as one and a quarter grs. of morphia, and from four to ten eggs daily, in critical acute cases, in addition to other nutrition, with marked advantage. We have also used in special cases, when indicated, *tinct. lupuli* and *tinct. conii*, with more or less benefit.

"In the excited and sleepless stage of general paresis we have obtained favourable results from *tinct. cannabis Ind.*, either alone or with *tinct. digitalis*, and in some cases from bromide of potassium.

"This latter remedy we have used largely in epilepsy for the past three years especially, but we have not found as much benefit to result from it as we had been led to hope for from the accounts in some foreign journals of its value in this disease. * * *

"We have administered the bromide in cases of high nervous irritability, with subacute maniacal excitement, and in cases of restive, agitated melancholia, with the most satisfactory results.

"As an anaphrodisiac it is a highly valuable medical remedy. We can recommend it as one of the most effective to control the phrodisiac state so often unhappily associated with insanity. * * *

"As tonics we use the ordinary tinctures of *cinchona*, *gentian* and *columbo*, and often combined with some preparations of iron, though we depend on ale more largely in conditions of general enfeeblement, and on the above as adjuvants. We also use cod-liver oil with ale or wine in many of these cases. We have reason to believe that several preparations of iron act beneficially on the nervous system, both directly as stimulants, and at the same time furnish material for the blood, as maintained by some authorities.

"In concluding this portion of my report, I would add that nervines and such remedies as act on the spinal cord, and on the nerves of the vascular system, as well as the various alteratives and stimulants, are administered in all stages of insanity, as indications may arise. About one-fourth of all admissions are so far prostrated as to require, in addition to medication, for a longer or shorter

period, extra diet, such as concentrated soup, essence of beef, eggs, oysters, milk, or beef extract."

2. The numerical results of the operations of the *King's County Lunatic Asylum* (N. Y.), for the fiscal year ending with the 31st of July, 1866, are as follows:—

	Men.	Women.	Total
Patients at the beginning of the year, ...	186	246	432
Admitted in course of the year, ...	111	132	243
Whole number, ...	297	378	675
Discharged, including deaths, ...	99	106	205
Remaining at the end of the year, ...	198	272	470
Of the discharged there were cured, ...	40	49	89
Died, ...	32	33	65

Died of phthisis, 17; exhaustion, 10; paralysis, 10; general paralysis, 8; apoplexy, 3; congestion of the brain, 4; meningitis, 4; softening of the brain, 2; diarrhœa, 2; epilepsy, atrophy of the brain, carcinoma, typhoid fever, and suicide, 1 each.

"The Asylum has been free from contagious, epidemic or zymotic diseases during the year, with the single exception of a case of typhus fever, which was contracted before admission."

The hospital is crowded with patients, and Dr. Chapin recommends its enlargement by the addition of a section to each of the two wings.

3. "During the past year," remarks Dr. Butler, in his report for the official year 1865-66, of the *Retreat for the Insane*, "the wards of the institution have continued to be overcrowded." The number of patients has exceeded that of any preceding year.

	Men.	Women.	Total.
Patients in hospital, April 1st, 1865, ...	119	119	238
Admitted in course of the year, ...	69	96	165
Whole number, ...	188	215	403
Discharged, including deaths, ...	63	95	158
Remaining, March 31st, 1866, ...	125	120	245
Of the discharged, there were cured, ...	20	42	62

"Of the deaths, 12 were of males, and 14 females. Of these, 7 were from exhaustion of acute mania, 6 from simple exhaustion, 3 from chronic diarrhœa, 2 from dysentery, 2 from disease of the lungs, and one each from apoplexy, diarrhœa, asphyxia, abscess, pneumonia, and paralysis."

The Doctor congratulates the Board of Directors "upon the great improvements which have been made about the Institution during the past year. Since the grounds were laid out and ornamented according to the admirable and successful plans of Messrs. Olmstead and Vaux, in 1860, nothing has added so much to the beauty of the surroundings of the Retreat. The old close and unsightly fences about the buildings have all been removed, and now, ornamental, and, in some places, light, open fences have been erected in their stead."

This report is unusually brief, in consequence, as therein intimated, of the ill-health of Dr. Butler—a fact which his many friends will regret. For this reason he excuses himself from a further consideration of the treatment of the chronic insane, a subject discussed in his preceding report. He estimates the number of insane persons in Connecticut to be seven hundred, while "the reasonable capacity of the Retreat, the only Lunatic Hospital in the State, is two hundred and ten."

This deficiency of hospital accommodations is about to be remedied. A legislative Board of Commissioners have recently selected a site for a State Hospital.

4. The number of patients and the results for the year 1865, at the *Butler Hospital for the Insane*, are as follows:—

	Men.	Women.	Total.
Patients at the beginning of the year, ...	67	65	132
Admitted in course of the year, ...	25	17	42
Whole number, ...	92	82	174
Discharged, including deaths, ...	22	21	43
Remaining at the end of the year, ...	70	61	131
Of the discharged, there were cured, ...	.	.	11
Died, ...	.	.	16

Nearly the whole of this report consists of an essay upon the now much agitated subjects—the treatment of the incurable insane, and the value of their labour as an element in the means of support. The argument is detailed and exhaustive, with the exception of a single point, which, as appears to us, is of very great importance. The Doctor overlooks the fact, mentioned by Dr. Gundry, and some others, that, if the incurable be separated from the curable, the two classes being provided for in different institutions, the amount of remunerated labour at the hospitals for curables will necessarily be much increased.

Inasmuch as all the general heads of this essay have been mentioned in our notices of the reports of other institutions, and in consequence of the difficulty of making any satisfactory *abstract*, which should not include *the whole*, we must refer such of our readers as desire to see it, to the report itself, merely copying one passage for its historical value.

"In the early stage of this benevolent enterprise of establishing hospitals for the insane, one of the principal objects proposed by it was the proper care and custody of the old incurable cases. It was their sufferings as exhibited in the jails and poor-houses of the country, which, some five and thirty years ago, led Horace Mann and a few others to begin that movement, the first fruits of which were the hospital at Worcester. They laboured, as they supposed, for the poor, the neglected, the friendless, the hopeless, not for the wealthy and curable, who might be safely left to the ministry of their friends. For a time it seemed as if the precise object of their labours had been accomplished and placed beyond the reach of any change of fortune. The jails and poor-houses were emptied of these unfortunates, and an incalculable amount of relief from the last extremity of human wretchedness was effected. A more curious change of purpose has seldom been witnessed than that which has been induced on this subject by the very development of the original enterprise itself. For whereas the object at first was to place all these persons in the hospitals, the question that agitates the philanthropists of our day is, how best to get them out of the hospital."

5. The late Moody Kent, Esq., a lawyer of Concord, N. H., has made the New Hampshire *State Asylum* his residuary legatee, and the amount thus coming to the institution will amount to the handsome sum of one hundred and forty thousand dollars.

	Men.	Women.	Total.
Patients in hospital, May 1, 1865	103	120	223
Admitted in course of the year	55	49	104
Whole number	158	169	327
Discharged, including deaths	50	41	91
Remaining, May 1, 1866	111*	125*	236
Of those discharged there were cured	12	14	16
Died	13	8	21

* The numbers here should be 108 and 128 to be consistent with the foregoing figures. We have followed the *text* of the report, and Dr. Bancroft is one of several of the Superintendents who, because they do not believe that "figures can't lie," or for some other reason, put all their principal statistics into Roman text, instead of Arabic numerals. We take this occasion to remark—what we have many times before thought of saying—that, in our reviews of reports, we have found probably twice as many errors, proportionally, in those which give the statistics in words, as we have in those which give them in numerals: so that we long ago came to the conclusion that if "*figures* can't lie," Roman text can.

Causes of death.—Exhaustion of acute mania, 3; “gradual wasting of the powers of life from chronic mania, 5; organic disease of the brain terminating in effusion, 2; tubercular consumption, 3; diarrhœa, 2; apoplexy, 2; paresis, 1; “slow decline of life,” 2; intestinal obstruction, 1.

“Each successive year shows a larger amount of labour done, in various ways, and a larger variety of entertainment and amusement afforded, with increasing evidence of their value.”

Dr. Bancroft shows that the hospital is crowded with patients, and recommends an enlargement of the building. It appears from his report that the Trustees have decided not to expend any of the principal of the above mentioned legacy, but to preserve it “forever entire,” and to appropriate the interest of it, first, to “the support of indigent private patients, and, secondly, to “extraordinary improvements” and “hygienic and curative agents.” A large part of the report is occupied by an exposition of the distinctive traits of several forms of insanity, and of the wide field still open for improvement in the facilities for the treatment of them. Doubtless but few years will pass before this hospital will be abundantly supplied with the means of moral treatment.

P. E.

ART. XVII.—*A Treatise on the Practice of Medicine.* By GEORGE B. WOOD, M. D., LL.D., etc. etc. 2 vols. 8vo. pp. 1002—982. Philadelphia, 1866: J. B. Lippincott, & Co.

THE treatise of Dr. Wood has been before the public now for nearly twenty years, during which time it has run through six editions, and has received the almost unanimous approval of the profession, abroad as well as at home. It may now be received, therefore, as a standard authority in respect to medical doctrine and practice—a work highly creditable to its author as a professional writer and teacher, and one which is a valuable addition to the medical literature of our country.

In the edition before us every chapter bears the marks of careful revision, while the entire treatise has received such additions as were demanded by the progress of medical observation and improvement in respect to particular diseases or classes of disease; from either the opportunities which have been furnished us for the better study of their pathology, or from the light that has been thrown upon their nature and causation by the recent advances that have been made in our knowledge of the physiology of the human organism; the treatise being brought fully up to the present state of our science and art.

The work of Dr. Wood is particularly well adapted for the use of the advanced medical student; as well of those who have recently entered upon the practice of their profession, and who still feel the necessity for some reliable guide to direct them in their clinical study of diseases and their remedies. It is sufficiently full, clear, and accurate in its description of the maladies of which it treats, and perfectly sound and consistent in its pathological teachings, while its therapeutical directions are those which have received the sanction of the most experienced and successful practitioners of this country and of Europe. There is no attempt in any part of the treatise to attract attention or elicit applause, by bewildering generalities, or startling novelties in doctrine, or unusual plans of cure. The single aim of the author from first to last has evidently been to impart, with plainness and simplicity, useful and well-established truths, pathological and therapeutical, to serve as a guide alike to the student and young practitioner of the healing art.

We could have wished that the author had embodied in the text the greater part, at least, of the matter now contained in notes at the bottom of the pages, the reduction effected in the bulk of the volume by the use of these notes is no adequate compensation for the awkward breaks, in the course of the instructions caused by the repeated consultation of foot-notes.

D. F. C.